



# UCCOOK

## Halloumi & Brinjal Fries

with a couscous salad & a tahini-yoghurt dipping sauce

Tahini is packed with antioxidants and anti-inflammatory powers! We've paired this magical food with roasted brinjal and crispy halloumi fries, and the result is simply sublime!

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**Hands-On Time:** 25 minutes

**Overall Time:** 40 minutes

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**Serves:** 1 Person


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**Chef:** Samantha Finnegan

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 Vegetarian

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 Warwick Wine Estate | First Lady Sauvignon Blanc

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## Ingredients & Prep

250g	Aubergine <i>rinsed, trimmed &amp; cut into 1cm chips</i>
75ml	Whole Wheat Couscous
1	Lemon <i>½ zested &amp; cut into wedges</i>
20g	Green Leaves <i>rinsed</i>
20g	Radish <i>rinsed &amp; sliced into thin rounds</i>
5ml	Sumac
50ml	Plain Yoghurt
10ml	Tahini
160g	Halloumi <i>sliced lengthways into 1cm thick slabs</i>

## From Your Kitchen

Oil (cooking, olive or coconut)  
Salt & Pepper  
Water  
Paper Towel

**1. AUB FRIES** Preheat the oven to 200°C. Place the aubergine chips onto a roasting tray, generously coat in oil and seasoning, and spread them out evenly, skin-side down. Roast in the hot oven for 30-35 minutes, shifting halfway. If you'd like them crispier, pop on the grill for 3-5 minutes at the end.

**2. COOL COUSCOUS** Boil the kettle. Using a shallow bowl, submerge the couscous in 125ml of boiling water. Add a drizzle of oil and gently stir through with a fork. Cover with a plate and set aside to steam for 5-8 minutes until tender. Season with some lemon zest, salt and pepper. Just before serving, toss with the rinsed green leaves and the radish rounds.

**3. TAHINI YOGGY** Place a pan over a medium heat with the sumac. Toast for 1-2 minutes, until fragrant, shifting constantly. Remove from the pan on completion. In a bowl, add the yoghurt, the tahini, a squeeze of lemon juice, a splash of water and some seasoning. Mix until fully combined.

**4. HELLO HALLOUMI** Return the pan to a medium-high heat with a drizzle of oil. When hot, fry the halloumi slabs for 1-2 minutes per side until crispy and golden. Leave to drain on some paper towel. Add the toasted sumac and toss to combine.

**5. CHEESY VEG GOODNESS** Make a bed of laced couscous, top with the fried sumac halloumi and the aubergine fries, and serve with the tahini yoghurt for dunking. Garnish with any remaining lemon wedges and tuck in!



## Chef's Tip

To make sure your aubergine fries do get crispy, spread them out with a little space between each piece and don't overcrowd the tray!

## Nutritional Information

Per 100g

Energy	743kJ
Energy	178Kcal
Protein	9g
Carbs	12g
of which sugars	2.6g
Fibre	4.5g
Fat	9.8g
of which saturated	6.4g
Sodium	175mg

## Allergens

Gluten, Dairy, Sesame, Wheat

Cook  
within 3  
Days